

***In 95% of all emergencies, the bystander provides the first immediate assistance on the scene.***

***WOULD YOU KNOW WHAT TO DO?***

***FREE OF CHARGE!***



***NO EXPERIENCE NECESSARY!***

***Sign up for a CERT course today!***

***Learn to take care of yourself,  
your family,  
your neighbors,  
and your co-workers  
in the event of  
an emergency.***

**Topics covered include:**

- Family and workplace preparedness
- Disaster psychology
- Safety strategies involved in a terror attack
- Fire safety
- Search and rescue
- Incident command systems
- First Aid / CPR  
(certification from the AHA)



**WHEN:**

Saturday (indoors) and  
Sunday (outdoor woodland activities)  
**September 13 & 21, 2014**  
(7:30AM to 4:00PM)

**WHERE:**

Matthew Thornton Elem. School  
275 Mammoth Rd.  
Londonderry, NH 03053

**HOW TO SIGN UP!**

[2315EMI101](#) (Click to register online)

**OR...**

Complete the NHFSTEMS General Admission application, found on the web at:  
<http://www.nh.gov/safety/divisions/fstems/documents/GenAdmissApp.pdf>  
Sign and submit your application via email to: [nhfaadmissions@dos.nh.gov](mailto:nhfaadmissions@dos.nh.gov) or in person, by mail, or by fax (603-271-1091).

**Students must attend all sessions in order to receive a completion certificate from the NH DEPT. OF SAFETY, Division of Fire Standards and Training & Emergency Medical Services (NHFSTEMS).**

Mailing address: NHFSTEMS, 33 Hazen Drive, Concord, NH 03305 Phone: 603-223-4200 Fax: 603-271-1091

For course information, contact Richard Semaski at [alertrainer@gmail.com](mailto:alertrainer@gmail.com) or [semaski@comcast.net](mailto:semaski@comcast.net)